

Constitution
Of
Shannon Dragons

1. Name: The name of the body is: Shannon Dragons

2. Main Object The main objective is to support the recovery, health and wellbeing of breast cancer survivors (BCS) by establishing dragon boat teams, and providing paddling coaching and training benefitting them their friends and supporters.

Shannon Dragons operates out of Castleconnell Co. Limerick and O'Briensbridge Co Clare and draws members from across the Mid West.

3. Subsidiary Object(s): In furtherance, exclusively of foregoing main object, the body shall have the following subsidiary objects:

To develop and maintain physical fitness by providing training for and encouraging participation in dragon boat training and paddling.

To raise awareness of breast cancer and the benefits of physical fitness and health management to recovery and ongoing well being.

To support breast cancer survivors through the mutual support of team members.

4. Powers: To the extent that the same are essential or ancillary to the promotion of the main object of the body as heretofore set out the body may exercise the following powers:

To raise funds

To open and operate bank accounts

To purchase and lease and maintain boats and related equipment

To insure boats and equipment

To liaise with other organisations to further the main object of the body

To co-operate with other charitable cancer support groups

To carry out any other actions necessary to promote and develop and implement the main object of the body.

5. Membership:

Membership is open to breast cancer survivors their families, friends and supporters.

Applications for membership must be completed annually on the official Shannon Dragons application form and submitted to the Secretary. Membership fees are collected annually & held in the bank account of Shannon Dragons. Where membership is unpaid, it lapses immediately. All membership applications are subject to approval by the Executive Committee.

Members who are or will be paddlers will be competent in the water, wear a life jacket and follow water safety procedures. Members are responsible for their own safety.

6.Executive Committee(Charity trustees)

An executive committee of not less than 3 and not more than 9 members will execute the powers of the body necessary to achieve the main object of Shannon Dragons.

Among the members of the committee will be Officers viz Chairperson, Vice Chairperson, Secretary and Treasurer, Officers will initially hold office for 3 years and may apply for re-election at the end of 3 years.

For meeting to take place a quorum of 40% of members of the committee must be present

Meetings of the committee will be held as agreed by the committee but will be at least 3 times per year. The committee may decide agreed matters by email in between meetings.

The committee will seek to build consensus on all issues as far as possible but where required a majority vote of members present will decide any issue. In the event of a tie the Chairperson has a second or casting vote.

An AGM will be held once per year.

All payments will be made by cheque or electronic payment approved by at least 2 officers and in compliance with the Bank Mandate

7.Income and Property

The income and property of the trust/body shall be applied solely towards the promotion of main object(s) as set forth in this Deed of Trust /Constitution / Rules. No portion of the trust/body's income and property shall be paid or transferred directly or indirectly by way of dividend, bonus or otherwise howsoever by way of profit to members of the trust/body. No charity trustee* shall be appointed to any office of the trust/body paid by salary or fees, or receive any remuneration or other benefit in money or money's worth from the trust/body. However, nothing shall prevent any payment in good faith by the trust/body of:

- a) reasonable and proper remuneration to any member or servant of the trust/body (not being a charity trustee) for any services rendered to the trust/body;
- b) interest at a rate not exceeding 1% above the Euro Interbank Offered Rate (Euribor) per annum on money lent by charity trustees or other members of the trust/body to the trust/body;
- c) reasonable and proper rent for premises demised and let by any member of the trust/body (including any charity trustee) to the trust/body;
- d) reasonable and proper out-of-pocket expenses incurred by any charity trustee in connection with their attendance to any matter affecting the trust/body;
- e) fees, remuneration or other benefit in money or money's worth to any Company of which a charity trustee may be a member holding not more than one hundredth part of the issued capital of such Company;
- f) Nothing shall prevent any payment by the trust/body to a person pursuant to an agreement entered into in compliance with section 89 of the Charities Act, 2009 (as for the time being amended, extended or replaced).

*charity trustee as defined by section 2(1) of the Charities Act, 2009

8.Additions, alterations or amendments

The organisation must ensure that the Charities Regulator has a copy of its most recent governing instrument. If it is proposed to make an amendment to the governing instrument of the organisation which requires the prior approval of the Charities Regulator, advance notice in writing of the proposed changes must be given to the Charities Regulator for approval, and the amendment shall not take effect until such approval is received.

9.Winding-up

If upon the winding up or dissolution of the trust/body there remains, after satisfaction of all debts and liabilities, any property whatsoever, it shall not be paid to or distributed among the members of the trust/body. Instead, such property shall be given or transferred to some other charitable institution or institutions having main objects similar to the main objects of the trust/body. The institution or institutions to which the property is to be given or transferred shall prohibit the distribution of their income and property among their members to an extent at least as great as is imposed on the trust/body under or by virtue of Clause 7 hereof.

Members of the trust/body shall select the relevant institution or institutions at or before the time of dissolution, and if and so far as effect cannot be given to such, then the property shall be given or transferred to some charitable object with the agreement of the Charities Regulator. Final accounts will be prepared and submitted that will include a section that

identifies and values any assets transferred along with the details of the recipients and the terms of the transfer.

10. Keeping of Accounts Annual audited accounts shall be kept and made available to the Revenue Commissioners on request.

SIGNED

Brigid O'Connell

Chairperson

SIGNED

Terry Forristal

Secretary

Date: 17 January 2020